Consumer Information

Silnea IBD

In Short

- Silnea IBD is a nutritionally complete formula – Food for Special Medical Purposes (FSMP)
- for use in the dietary management of Crohn's Disease and other inflammatory bowel diseases
- as exclusive enteral nutrition for remission induction and as partial enteral nutrition for remission maintenance or for the improvement of the nutritional status
- easily soluble nutrient concentrate, very pleasant in taste
- contains whey protein with high biological value and casein
- with microbiota-accessible carbohydrates (MACs) in the form of resistant starch
- with micronutrients – specially adapted to the needs of patients with Crohn's Disease
- suitable from 3 years of age
- in tins of 700 g

Profile

Silnea IBD is a powdered nutritionally complete formula for use in the dietary management of Crohn's Disease and other inflammatory bowel diseases. Suitable from 3 years of age.

Silnea IBD is a highly soluble nutrient concentrate that can be used as exclusive nutrition for remission induction and as partial enteral nutrition for remission maintenance and for the improvement of the nutritional status.

Silnea IBD contains whey protein, with high biological value, as well as casein, palatable butterfat, easily absorbable MCT fats, valuable rapeseed oil and fast digestible glucose syrup.

Whey protein is characterised by its biological value of 104 and by its high content of the branched-chain amino acids Leucine, Isoleucine and Valine, which are important for tissue formation.

Casein is digested and absorbed slowly, this leads to improved protein biosynthesis.

Medium-chain triglycerids (MCTs) are rapidly hydrolysed and absorbed. Additionally, they do not need formation of chylomicrons, but pass the cell unchanged and thus enter the portal bloodstream. They also reduce the risk of diarrhoea and steatorrhoea.

Silnea IBD contains microbiota-accessible carbohydrates (MACs) in the form of resistant starch (see box "Good to know").

Silnea IBD is enriched with vitamins, minerals and trace elemts in accordance with the recommendations of the German Society for Nutrition (DGE) and the international guidelines, specially adapted to the needs of patients with Crohn's Disease.

Silnea IBD is

> free from gluten, lactose and fructose
> free from soy and egg
> easily soluble in water, for the preparation of formula and tube feeding – warm or cold.

Good to know

Microbiota-accessible carbohydrates (MACs) are carbohydrates that are indigestible by humans and are fermented by the gut microbiota in the colon. This process promotes the growth of beneficial bacteria and contributes to greater microbial diversity within the gut microbiome. Resistant starch is one of the compounds belonging to this group. Resistant starch (prebiotic active dietary fibre) is not broken down by the amylase of the small intestine. It reaches the large intestine, where it contributes to the multiplication of the beneficial bacteria and thus to a greater diversity of the microbiome. These microorganisms degrade resistant starch to the short-chain fatty acids acetate, propionate and butyrate.

Compared to other MACs, e.g. β-glucans, the largest proportion of short-chain fatty acid butyrate is formed by resistant starch. Butyrate is considered the main energy source of mucosa cells. The short-chain fatty acid shows anti-inflammatory effects, promotes the oxygen uptake of the intestinal epithelium, stabilises the intestinal barrier, prevents atrophy of the colon and rectal mucosa, lowers the pH value in the colon and thus reduces the growth of pathogenic bacteria. In studies with IBD patients resistant starch reduced diarrhoea and constipation. It increased the number of beneficial microorganisms, including lactobacilli and bifidobacteria, while the amount of pathogens, such as E. coli, was reduced. In general, the administration of resistant starch resulted in a lower disease activity and a prolonged remission. This is attributed to the formation of butyrate by the fermentation of resistant starch. (Literature, see p. 2)

Important Notice Only to be taken under strict medical supervision. Suitable for use as the sole source of nourishment or for supplementary feeding. For enteral use only. Silnea IBD contains easily digestible carbohydrates. In case of disorders in glucose tolerance use only under careful control of metabolism. Silnea IBD must not be used when enteral feeding is contraindicated or in cases of intolerances or allergies to even one of the ingredients contained. Suitable for people with Crohn's Disease and other inflammatory bowel diseases – from 3 years of age.

Dosage and Usage

A diet plan should, in consideration of the individual nutrient requirements, establish the daily amount of Silnea IBD. Ideally the daily dosage should be spread over several meals. Silnea IBD can be administered orally or by tube or can be mixed into drinks or food.

• Exclusive Enteral Nutrition – Remission Induction

For remission induction Silnea IBD can be prepared with a normo- to high-caloric energy density of 1,0 kcal/ml, 1,2 kcal/ml or 1,5 kcal/ml – depending on energy requirements and/or tolerance. It is recommended to start with the normo-caloric energy density and slowly switch to the high-caloric prepared formula.

• Partial Enteral Nutrition – Remission Maintenance

To prolong remission and to improve energy

and nutrient intake an additional amount of 500 – 1000 ml of the drink per day is recommended as part of a partial enteral nutrition. This corresponds to an amount of 105 – 310 g Silnea[IBD] – depending on the energy density.

Details see table "Dosage", page 3, bottom.

Preparation

Just scan the QR code for the detailed instructions.

- **Drinking Food**

✓ Complete daily ration: Use a sufficiently large vessel and a whisk (see pictograms for details).

✓ Preparation portion by portion: If Silnea[IBD] is prepared portion by portion, it is best to use a shaker and to drink immediately. In this case, the drinking water does not necessarily have to be boiled.

Tip – after consultation with the doctor: Silnea[IBD] can be flavoured with **AroMaxx** to improve patient's adherence. **AroMaxx** are aroma preparations from metaX in many different flavours – sweet, fruity, nutty and savoury.

We recommend to add **AroMaxx** to the pre-prepared portions of the drink. Use a shaker and shake vigorously until any lumps are dissolved.

Silnea[IBD] can also be prepared as a soup with **AroMaxx** Tomato-Basil. Put the ready-prepared formula into a saucepan, add **AroMaxx** Tomato-Basil, and heat slowly, while constantly stirring, to max. 65 °C.

Preparation with a Whisk



Boil desired quantity of drinking water, cool down to approx. 40 °C (lukewarm) and pour into a sufficiently large vessel.



Loosen the powder with the dosing aid and take it up.
The dosing aid measures approx. 10 g.



Determine tara weight. Carefully pour the powder into the vessel and thus check the weight.



Mix well with the whisk. If to be used as a tube feeding, now fill into the tube bag.



If complete daily ration is being prepared: Close vessel with tight lid or foil, store in the refrigerator and consume within 24 hours. Always stir or shake well before use!

- **Tube Feeding**

Boil the water and cool down to approx. 40 °C. Stir in the powder with a whisk and dissolve without lumps. Can be applied via the usual tubes.

- **Mix into Drinks/Dishes**

Drinks and food can also be fortified – preferably with 20 g of Silnea[IBD] whisked into 150 – 200 ml or g.

References:

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NUTRITION INFORMATION

Silnea[IBD]		100 g
Energy	kJ	2020
	kcal	482
Fat	g	22
of which		
saturates	g	10
middle chained triglycerides	g	6
mono-unsaturates	g	9
polyunsaturates	g	3
Linoleic acid	g	2
α-Linolenic acid	g	1
Carbohydrate	g	51
of which sugars	g	9
Lactose	g	0,03
Fibre	g	3
Protein	g	18
Salt	g	0,6
Vitamins		
Vitamin A	µg	380
Vitamin D3	µg	10
Vitamin E	mg	5
Vitamin K1	µg	18
Vitamin C	mg	20
Thiamin (Vit. B1)	mg	0,4
Riboflavin (Vit. B2)	mg	0,5
Niacin	mg	5
Vitamin B6	mg	0,5
Folic acid	µg	100
Vitamin B12	µg	1,2
Biotin	µg	12
Pantothenic acid	mg	2
Minerals		
Sodium	mg	221
Potassium	mg	580
Chloride	mg	339
Calcium	mg	348
Phosphorus	mg	363
Magnesium	mg	87
Trace elements		
Iron	mg	5
Zinc	mg	5
Copper	mg	0,3
Manganese	mg	0,7
Fluoride	mg	0,5
Selenium	µg	20
Chromium	µg	14
Molybdenum	µg	19
Iodine	µg	70

INGREDIENTS

Glucose syrup, vegetable and animal fats and oils (rape seed oil, MCT oil, ***butterfat***), ***whey protein***, resistant starch, ***calcium caseinate***, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, calcium phosphate, potassium citrate, magnesium carbonate, potassium chloride, sodium chloride, sodium carbonate, vitamin C, monopotassium phosphate, ferrous sulphate, acidity regulator: lactic acid, zinc sulphate, niacin, vitamin E, manganese sulphate, sodium fluoride, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, potassium iodide, sodium molybdate, chromium (III) chloride, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

Dosing Aid (DA)
The level dosing aid equals approx. 10 g.

Our Service
To every carton of six tins one dosing aid is added.

Osmolality

energy density (kcal/ml)	Silnea[IBD] (g)	drinking water (ml)	osmolality (mosmol/kg)
1,0	55	200	330
1,2	65	190	427
1,5	80	170	634

Important Notice

Silnea[IBD] contains easily available carbohydrates. In case of impaired glucose tolerance use only under careful medical supervision.

Dosage

energy density	prepared formula		water	Silnea[IBD]
1,0 kcal/ml normo-caloric	250 ml	265 kcal	200 ml	55 g = 5½ DA
	500 ml	506 kcal	400 ml	105 g = 10½ DA
	1000 ml	1012 kcal	800 ml	210 g = 21 DA
	1500 ml	1518 kcal	1200 ml	315 g = 31½ DA
	2000 ml	2024 kcal	1600 ml	420 g = 42 DA
1,2 kcal/ml high-caloric	250 ml	313 kcal	190 ml	65 g = 6½ DA
	500 ml	603 kcal	375 ml	125 g = 12½ DA
	1000 ml	1205 kcal	750 ml	250 g = 25 DA
	1500 ml	1808 kcal	1125 ml	375 g = 37½ DA
	2000 ml	2410 kcal	1500 ml	500 g = 50 DA
1,5 kcal/ml high-caloric	250 ml	386 kcal	170 ml	80 g = 8 DA
	500 ml	747 kcal	335 ml	155 g = 15½ DA
	1000 ml	1494 kcal	675 ml	310 g = 31 DA
	1500 ml	2241 kcal	1015 ml	465 g = 46½ DA
	2000 ml	2988 kcal	1350 ml	620 g = 62 DA

Delivery Unit	700 g tin	6 x 700 g tin
Article Number	xx-002-42011	xx-002-42016
Delivery to	Wholesalers, pharmacies, clinics, patients	
Storage	Store in a cool, dry place.	

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